





Sample Reduced Calorie Menus

The reduced calorie menus illustrate healthy food choices from a variety of cuisines (American,

Southern, Asian, Mexican-American) at two calorie levels, 1,200 and 1,600. These menus are appropriate for weight loss in women and men.

Traditional American Cuisine—Reduced Calorie				
		1,200 Calories	1,600 Calories	
Breakfast 	Whole wheat bread	1 med slice	1 med slice	
	Jelly, regular	2 tsp	2 tsp	
	Cereal, shredded wheat	½ cup	1 cup	
	Milk, 1%	1 cup	1 cup	
	Orange juice	¾ cup	¾ cup	
	Coffee, regular	1 cup	1 cup with 1 oz of 1% milk	
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Lunch 	Roast beef sandwich:			
	Whole wheat bread	2 med slices	2 med slices	
	Lean roast beef, unseasoned	2 oz	2 oz	
	American cheese, low fat and low sodium	—	1 slice, ¾ oz	
	Lettuce	1 leaf	1 leaf	
	Tomato	3 med slices	3 med slices	
	Mayonnaise, low calorie	1 tsp	2 tsp	
	Apple	1 med	1 med	
	Water	1 cup	1 cup	
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Dinner 	Salmon	2 oz edible	3 oz edible	
	Vegetable oil	1½ tsp	1½ tsp	
	Baked potato	¾ med	¾ med	
	Margarine	1 tsp	1 tsp	
	Green beans, seasoned, with margarine	½ cup	½ cup	
	Carrots, seasoned	½ cup	—	
	Carrots, seasoned, with margarine	—	½ cup	
	White dinner roll	1 small	1 med	
	Ice milk	—	½ cup	
	Iced tea, unsweetened	1 cup	1 cup	
	Water	2 cup	2 cup	
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	Snack 	Popcorn	2½ cup	2½ cup
Margarine		¾ tsp	½ tsp	

Calories1,247
 Total carbohydrate, % kcals58
 Total fat, % kcals26
 *Sodium, mg1,043
 Saturated fat, % kcals7
 Cholesterol, mg96
 Protein, % kcals19

Calories1,613
 Total carbohydrate, % kcals55
 Total fat, % kcals29
 *Sodium, mg1,341
 Saturated fat, % kcals8
 Cholesterol, mg142
 Protein, % kcals19

Note: Calories have been rounded. *No salt added in recipe preparation or as seasoning.

Asian American Cuisine—Reduced Calorie

Breakfast



	1,200 Calories	1,600 Calories
Banana	1 small	1 small
Whole wheat bread	1 slice	2 slices
Margarine	1 tsp	1 tsp
Orange juice	¾ cup	¾ cup
Milk 1%, low fat	¾ cup	¾ cup

Lunch



Beef noodle soup, canned, low sodium	½ cup	½ cup
Chinese noodle and beef salad:		
Beef roast	2 oz	3 oz
Peanut oil	1 tsp	1½ tsp
Soy sauce, low sodium	1 tsp	1 tsp
Carrots	½ cup	½ cup
Zucchini	½ cup	½ cup
Onion	¼ cup	¼ cup
Chinese noodles, soft-type	¼ cup	¼ cup
Apple	1 med	1 med
Tea, unsweetened	1 cup	1 cup

Dinner



Pork stir-fry with vegetables:		
Pork cutlet	2 oz	2 oz
Peanut oil	1 tsp	1 tsp
Soy sauce, low sodium	1 tsp	1 tsp
Broccoli	½ cup	½ cup
Carrots	½ cup	1 cup
Mushrooms	½ cup	¼ cup
Steamed white rice	½ cup	1 cup
Tea, unsweetened	1 cup	1 cup

Snack




Almond cookies	—	2 cookies
Milk 1%, low fat	¾ cup	¾ cup

Calories1,220
 Total carbohydrate, % kcals55
 Total fat, % kcals27
 *Sodium, mg1,043
 Saturated fat, % kcals8
 Cholesterol, mg117
 Protein, % kcals21

Calories1,609
 Total carbohydrate, % kcals56
 Total fat, % kcals27
 *Sodium, mg1,296
 Saturated fat, % kcals8
 Cholesterol, mg148
 Protein, % kcals20

Note: Calories have been rounded. *No salt added in recipe preparation or as seasoning.

Mexican American Cuisine—Reduced Calorie

Breakfast	1,200 Calories	1,600 Calories
 Cantaloupe	½ cup	1 cup
Farina, prepared with 1% low-fat milk	½ cup	½ cup
White bread	1 slice	1 slice
Margarine	1 tsp	1 tsp
Jelly	1 tsp	1 tsp
Orange juice	¾ cup	1½ cup
Milk, 1%, low fat	½ cup	½ cup
Lunch		
Beef enchilada:		
Tortilla, corn	2 tortillas	2 tortillas
Lean roast beef	2 oz	2½ oz
Vegetable oil	⅔ tsp	⅔ tsp
Onion	1 Tbsp	1 Tbsp
Tomato	4 Tbsp	4 Tbsp
Lettuce	½ cup	½ cup
Chili peppers	2 tsp	2 tsp
Refried beans, prepared with vegetable oil	¼ cup	¼ cup
Carrots	5 sticks	5 sticks
Celery	6 sticks	6 sticks
Milk, 1%, low fat	—	½ cup
Water	1 cup	—
Dinner		
Chicken taco:		
Tortilla, corn	1 tortilla	1 tortilla
Chicken breast, without skin	1 oz	2 oz
Vegetable oil	⅔ tsp	⅔ tsp
Cheddar cheese, low fat and low sodium	½ oz	1 oz
Guacamole	1 Tbsp	2 Tbsp
Salsa	1 Tbsp	1 Tbsp
Corn	½ cup	½ cup seasoned with ½ tsp margarine
Spanish rice without meat	½ cup	½ cup
Banana	½ large	1 large
Coffee	½ cup	1 cup
Milk, 1%, low fat	1 oz	1 oz

Calories1,239
 Total carbohydrate, % kcals58
 Total fat, % kcals26
 *Sodium, mg1,364
 Saturated fat, % kcals8
 Cholesterol, mg91
 Protein, % kcals19

Calories1,638
 Total carbohydrate, % kcals56
 Total fat, % kcals27
 *Sodium, mg1,616
 Saturated fat, % kcals9
 Cholesterol, mg143
 Protein, % kcals20

Note: Calories have been rounded. *No salt added in recipe preparation or as seasoning.